

FIG. 1

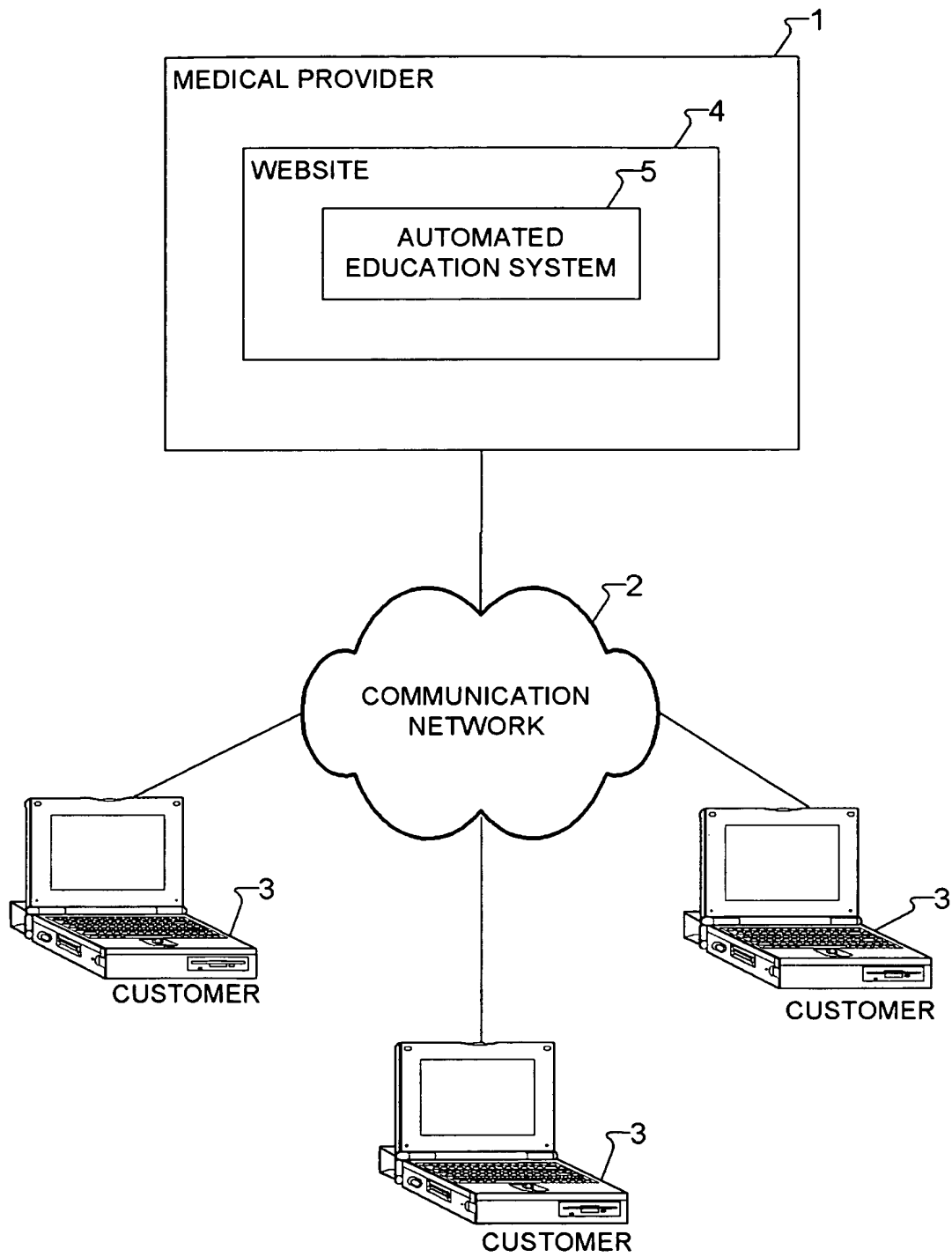


FIG. 2

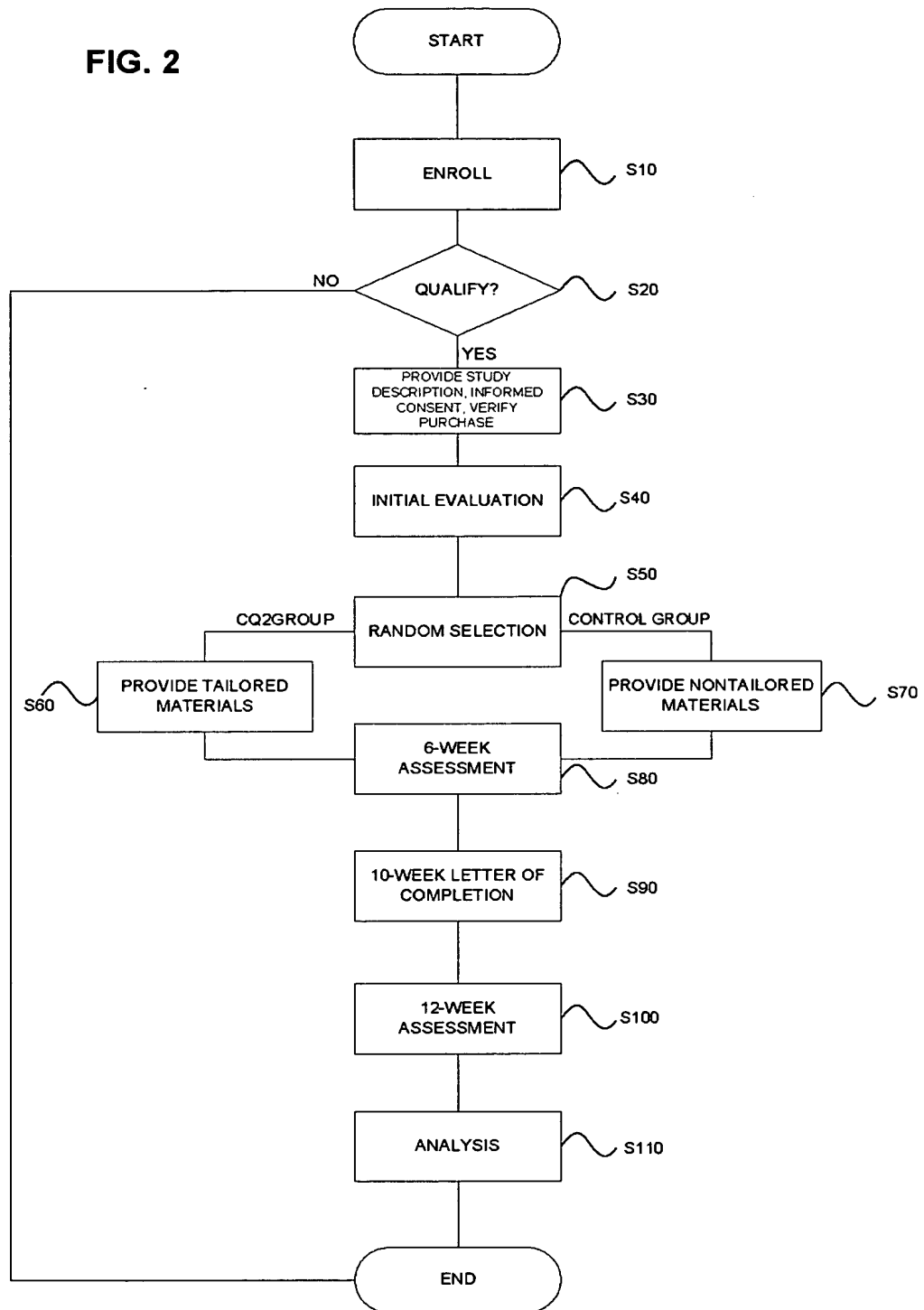


FIG. 3

6-WEEK ASSESSMENT

Have you smoked at all in the past 4 weeks?

- ☐ No, I have not smoked even a single puff
- ☐ Yes, I have smoked in the past 4 weeks

Have you smoked at all in the past week? (question for those who have smoked in past 4 weeks)

- ☐ No, I have not smoked even a single puff
- ☐ Yes, I have smoked in the past week

Did you read any of the Committed Quitters Stop Smoking Plan materials that were on the Internet?

- ☐ No, none of it
- ☐ Yes, a little
- ☐ Yes, most of it
- ☐ Yes, all of it

How often did you refer to the Committed Quitters Stop Smoking Plan materials that were on the Internet for help?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very Often

Did you find the Committed Quitters Stop Smoking Plan material on the Internet helpful in keeping you from smoking?

- ☐ Yes, very helpful
- ☐ Yes, moderately helpful
- ☐ No, not very helpful
- ☐ No, not at all helpful

Did you find the Committed Quitters Stop Smoking Plan material easy to understand?

- ☐ Yes, very easy
- ☐ Yes, moderately easy
- ☐ No, not very easy
- ☐ No, not at all easy

Did you find the Committed Quitters Stop Smoking Plan material relevant to you personally?

- ☐ Yes, very relevant
- ☐ Yes, moderately relevant
- ☐ No, not very relevant
- ☐ No, not at all relevant

Are you still using your nicotine patches?

- ☐ Yes, every day
- ☐ Yes, most days
- ☐ Yes, some days
- ☐ No

Did you use any other products or aids for quitting smoking a part from the NIQuitin CQ patch? (Choose all that apply)

- ☐ Another nicotine product (e.g., gum)
- ☐ Counselling from a stop smoking advisor
- ☐ Group stop smoking treatment
- ☐ Zyban®
- ☐ A book or leaflet
- ☐ Other

How many packs of each of the patch steps have you purchased as part of this quit attempt?

_____ 21 mg 14 day (Step 1)
_____ 21 mg 7 day (Step 1)
_____ 14 mg 7 day (Step 2)
_____ 7 mg 7 day (Step 3)

Would you recommend this Internet-based smoking cessation program to others wanting to stop smoking?

- ☐ Yes, definitely
- ☐ Yes, probably
- ☐ No, probably not
- ☐ No, definitely not

Do you think you will give this Internet program another try in the future? (question for those who returned to smoking)

- ☐ Yes, definitely
- ☐ Yes, probably
- ☐ No, probably not
- ☐ No, definitely not

FIG. 4

12-WEEK ASSESSMENT

Have you smoked at all in the past 10 weeks?

- ☐ No, I have not smoked even a single puff
- ☐ Yes, I have smoked in the past 10 weeks

Have you smoked at all in the past week? (question for those who have smoked in past 6 weeks)

- ☐ No, not even a puff
- ☐ Yes, I have smoked in the past week

Did you read any of the Committed Quitters Stop Smoking Plan materials that were on the Internet?

- ☐ No, none of it
- ☐ Yes, a little
- ☐ Yes, most of it
- ☐ Yes, all of it

How often did you refer to the Committed Quitters Stop Smoking Plan materials that were on the Internet for help?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very Often

Are you still using your nicotine patches?

- ☐ Yes, every day
- ☐ Yes, most days
- ☐ Yes, some days
- ☐ No

Did you use any other products or aids for quitting smoking a part from the NiQuitin CQ patch? (Choose all that apply)

- ☐ Another nicotine product (e.g., gum)
- ☐ Counselling from a stop smoking advisor
- ☐ Group stop smoking treatment
- ☐ Zyban®
- ☐ A book or leaflet
- ☐ Other

How many packs of each of the patch steps have you purchased as part of this quit attempt?

- _____ 21 mg 14 day (Step 1)
- _____ 21 mg 7 day (Step 1)
- _____ 14 mg 7 day (Step 2)
- _____ 7 mg 7 day (Step 3)

Did you find the Committed Quitters Smoking Plan material on the Internet helpful in keeping you from smoking?

- ☐ Yes, very helpful
- ☐ Yes, moderately helpful
- ☐ No, not very helpful
- ☐ No, not at all helpful

Did you find the Committed Quitters Smoking Plan material easy to understand?

- ☐ Yes, very easy
- ☐ Yes, moderately easy
- ☐ No, not very easy
- ☐ No, not at all easy

Did you find the Committed Quitters Smoking Plan material relevant to you personally?

- ☐ Yes, very relevant
- ☐ Yes, moderately relevant
- ☐ No, not very relevant
- ☐ No, not at all relevant

Would you recommend this Internet-based smoking cessation program to others wanting to stop smoking?

- ☐ Yes, definitely
- ☐ Yes, probably
- ☐ No, probably not
- ☐ No, definitely not

Do you think you will give this Internet program another try in the future? (question for those who returned to smoking)

- ☐ Yes, definitely
- ☐ Yes, probably
- ☐ No, probably not
- ☐ No, definitely not